



Warm Up: **Baseline Day!**

Baseline Last Done 5/3/24

Mobility

- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- 10 Walking Cradles(ea)
- 15 A Skips(ea)
- 10 C Skips(ea)
- 20 Low Pogo's



April 3rd

300!

50:00 Running Clock

1. 100/**125** Cals Biked
2. 100/**125** Cals Rowed
3. 100/**125** Cals Ran

Every 2.5 Mins →

1. 6/8/**10** S/A Db Devil Press
2. 6/8/**10** Ball G to S
3. 15/20/**30** BW Squats

****Must ALWAYS** perform exercise at transition times, regardless if you finished calorie count or not!******

Transitions:

1. 2:30
2. 5:00
3. 7:30
4. 10:00
5. 12:30
6. 15:00
7. 17:30
8. 20:00
9. 22:30
10. 25:00
11. 27:30
12. 30:00
13. 32:30
14. 35:00
15. 37:30
16. 40:00
17. 42:30
18. 45:00
19. 47:30

Block 1: 50 mins



April 3rd

Audio

